

Handout 6.7: *Are You Ready for The Challenge?* An Action Plan for Meeting the Challenge

Ideas for Action Steps

Name of School/School District: _____ Person(s) Preparing: _____

| Challenge Criteria | Action Steps to Meet Criteria | Target Date for Completion | Person(s) Responsible |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|-----------------------|
| School has a Challenge team in place | <ol style="list-style-type: none"> 1. Enlist interest with selected teachers, staff, parents (there may be a wellness team already established). 2. Setup meeting with school administrator. | | |
| School enrolled as a Team Nutrition School | If not enrolled, enroll immediately | | |
| Lunch menu meets the criteria: <ul style="list-style-type: none"> • Vegetable • Fruits • Dry beans and peas • Whole-grain foods • Low-fat or fat-free milk | <ol style="list-style-type: none"> 1. Review current menus against criteria. 2. Modify as needed. 3. Develop or standardize recipes for revised menu. 4. Develop food specifications <ul style="list-style-type: none"> • Work with local vendors and manufacturer reps. • Conduct student taste test for acceptability. | | |
| If seeking a silver or higher award, Average Daily Participation (ADP) is at a minimum 60% for elementary and middle schools and 45% for high schools. There is no ADP requirement for Bronze level awards. | <ol style="list-style-type: none"> 1. Inform parents and solicit support for changes in school meals. 2. Market school meals to students and parents. 3. Limit and/or modify a la carte sales and other competitive foods. | | |

| | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| | | | |
| <p>Competitive foods meet the criteria</p> <ul style="list-style-type: none"> During meal times in all food service area for Bronze/Silver During entire school day, anywhere on campus for the Gold awards. | <ol style="list-style-type: none"> 1. Collect nutrition facts labels and/or recipes for all competitive foods—a la carte, vending machines, school stores. 2. Have school team review and evaluate. 3. Eliminate ones that do not meet the criteria. | | |
| <p>Nutrition education is provided to students and food is not used as a reward. See Handout 1.2 Criteria for the HealthierUS School Challenge for specific criteria.</p> | <ol style="list-style-type: none"> 1. Team members make a presentation to teachers, if possible. 2. Provide copies of the Challenge resources for teachers. 3. Volunteer to conduct taste testing of new food items. | | |
| <p>Physical education is provided/offered to students as described in Handout 1.2 Criteria for the HealthierUS School Challenge.</p> | <p>Partner with others interested in having PE in the school.</p> | | |
| <p>The school district has a wellness policy.</p> | <p>Get a copy of your school district's wellness policy if you do not have a copy.</p> | | |